

**ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2022**

YOU OKAY, DOC?

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1184832

Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS

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LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1184832
DATE OF REGISTRATION	9th August 2019
START OF FINANCIAL YEAR	1st April 2021
END OF FINANCIAL YEAR	31st March 2022
TRUSTEES AT 31ST MARCH 2022	Robert Cherry Lucinda Kopala Dr Meenal Galal Dr Mark Seaman Dr Daniel Gearon (Resigned 1st October 2021)
LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Foundation Registered 9th August 2019

OBJECTS

To relieve the need of medical practitioners and other in the medical profession who are suffering or who have suffered mental health problems or other distress for the benefit of the public including but not by way of limitation through the raising of awareness by dissemination of information about mental health issues within the medical profession and to help sufferers to obtain treatment and support in such ways and in such places as the Trustees may from time to time think fit.

CORRESPONDENCE ADDRESS	87 The Belvedere Homerton Street Cambridge CB2 0NU
PRIMARY BANKERS	Barclays Bank Plc 1 Churchill Place London E14 5HP
INDEPENDENT EXAMINERS	Castle View Accounting Ltd New Barn Mudberry Lane Bosham Chichester West Sussex PO18 8TS

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**TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST MARCH 2022**

Summary of the Main Activities

You Okay, Doc? (YOD) and You Okay, Nurse? (YON) deliver on their charitable objectives through 3 main areas of work – community activation, educational resources and the provision of services.

YOD continued to provide its weekly virtual support group hosted by an accredited psychotherapist called 'The Huddle', exclusively for doctors. YOD also separately provided bespoke 'The Huddle' programmes to certain NHS hospitals.

YON was launched in December 2021 and from January 2022, YON offered a separate Huddle exclusively for nurses.

YOD and YON continued to offer advice and guidance through social media.

YOD grew its existing ambassador groups including community leads and medical students, made up of doctors who help spread awareness and grow the YOD community. YON appointed a chief nurse ambassador.

YOD and YON separately hosted various educational webinars, IG Lives and mini conferences on topics such as stress awareness, flexible working for healthcare workers and maintaining relationships.

YOD continued hosting its 'The YOD Pod' podcast series with influential guests including Prof. Nick Glozier and former WHO Mental Health Director Prof. Shekhar Saxena and YON created special podcast episodes for nurses.

YOD/YON continued its partnership with Shout to provide 24 hour text support to its beneficiaries.

YOD/YON continued educational partnerships and collaborations, including with First Responders First (an initiative of Thrive Global, Harvard T.H.Chan School of Public Health and the CAA Foundation), Dräger, the British Association of Critical Care Nursing and certain NHS hospitals.

You Okay, Doc? trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Summary of the Main Achievements

During the period, You Okay, Doc? (YOD) and You Okay, Nurse? (YON) provided critical mental health and wellbeing support to doctors and nurses.

Through its webinars, podcasts, IG lives and social media advice, YOD and YON equipped doctors and nurses with tailored mental health skills for a medical career as well as raising awareness about key mental health and wellbeing issues in the profession.

Through its Huddle programme, YOD and YON have provided direct access for doctors and nurses to an accredited psychotherapist and peer support via others joining the Huddle programme.

Through its Shout text support service, YOD provided doctors and nurses with access to support including during unsociable hours which is important for NHS workers working both night and day shifts.

Through its ambassador community, YOD and YON grew its supportive and safe community for doctors and nurses to feel safe to open up about mental health struggles and access bespoke support and guidance.

You Okay, Nurse? (YON) was also launched during the period with the aim and vision of providing bespoke mental health and wellbeing support to nurses.

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TRUSTEES' REPORT (Continued)
FOR THE YEAR ENDED 31ST MARCH 2022


Trustees' Responsibilities

The Charities Act 2011 requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the CIO and of the surplus of the CIO for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the trust will continue in existence.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 31 January 2023

Signed on their behalf by Trustee 

Printed Name: **Lucinda Annabel Kopala**

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**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2022**

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2021/22 £	TOTAL 2020/21 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	3a	55,276	-	55,276	43,167
Activities for Generating Funds	3b	17,221	-	17,221	-
Investment Income	3c	-	-	-	-
Other Incoming Resources	3d	1,500	-	1,500	-
TOTAL INCOMING RESOURCES		73,997	-	73,997	43,167
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	4a	51,260	-	51,260	39,127
Governance Costs	4b	1,260	-	1,260	500
TOTAL RESOURCES EXPENDED		52,520	-	52,520	39,627
NET INCOMING (OUTGOING) RESOURCES		21,477	-	21,477	3,540
Funds Brought Forward		3,540	-	3,540	-
TOTAL FUNDS CARRIED FORWARD		25,017	-	25,017	3,540

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.


The notes on pages 8 to 13 form part of these financial statements.

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**BALANCE SHEET
AS AT 31ST MARCH 2022**

	Note	Unrestricted Funds £	Restricted Funds £	Total 31-Mar-22 £	Total 31-Mar-21 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	6	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	8	-	-	-	-
Cash at Bank and in Hand	7	25,617	-	25,617	7,056
Total Current Assets		25,617	-	25,617	7,056
Creditors: Amounts falling due within one year	9	600	-	600	3,516
NET CURRENT ASSETS		25,017	-	25,017	3,540
TOTAL ASSETS less current liabilities		25,017	-	25,017	3,540
Creditors: Amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		25,017	-	25,017	3,540
Funds of the Charity					
General Funds		25,017	-	25,017	3,540
Restricted Funds	5	-	-	-	-
Total Funds		25,017	-	25,017	3,540

Approved by the Trustees on 31 January 2023

Signed on their behalf by Trustee 

Printed Name: Lucinda Annabel Kopala

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2022**

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

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**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2022**

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs

Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments

Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds

These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds

These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds

These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets

Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Reducing Balance Basis
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2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this or the previous financial period.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st March 2022 : None

31st March 2021 : None

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2022

3. INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	TOTAL 2021/22 £	TOTAL 2020/21 £
a) Donations, Grants & Legacies				
Gifts & Donations	55,276	-	55,276	43,167
	55,276	-	55,276	43,167
b) Activities for Generating Funds				
Fundraising Event	17,221	-	17,221	-
	17,221	-	17,221	-
c) Investment Income				
Interest	-	-	-	-
	-	-	-	-
d) Other Incoming Resources				
Sundry Income	1,500	-	1,500	-
	1,500	-	1,500	-

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NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2022

4. RESOURCES EXPENDED

	Unrestricted Funds £	Restricted Funds £	TOTAL 2021/22 £	TOTAL 2020/21 £
a) Cost of Charitable Activities				
Activities & Events	2,059	-	2,059	-
Bank Charges	198	-	198	186
Consultancy Fees	37,631	-	37,631	37,741
Gifts & Donations	86	-	86	1,200
Insurance Costs	820	-	820	-
Office Costs	901	-	901	-
Shout Text Services	5,340	-	5,340	-
Therapist Costs	4,225	-	4,225	-
	51,260	-	51,260	39,127
b) Governance Costs				
Independent Examiners Fees	600	-	600	500
Legal & Professional Fees	660	-	660	-
	1,260	-	1,260	500

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2022

5. RESTRICTED FUNDS

The CIO held no restricted funds during this or the previous financial period.

6. INVESTMENTS

The CIO held no fixed assets investments during this or the previous financial period.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar-22 £	Total 31-Mar-21 £
Cash at Bank & in Hand	25,617	-	25,617	7,056
	25,617	-	25,617	7,056

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar-22 £	Total 31-Mar-21 £
Sundry Debtors	-	-	-	-
	-	-	-	-

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar-22 £	Total 31-Mar-21 £
Independent Examiners Fees	600	-	600	500
Sundry Creditors	-	-	-	3,016
	600	-	600	3,516

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial period.

11. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total 31-Mar-22 £	Total 31-Mar-21 £
Fixed Asset Investments	-	-	-	-
Net Current Assets	25,017	-	25,017	3,540
Long Term Liabilities	-	-	-	-
	25,017	-	25,017	3,540

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2022

12. STAFF COSTS AND NUMBERS

The CIO employed no members of staff during this or the previous financial period.

13. TRUSTEES AND OTHER RELATED PARTIES

During the financial year, Dr Daniel Gearon received £11,750 in consultancy fees for services provided in furtherance of the Charity's objectives. These services were provided and paid for after Dr Daniel Gearon resigned as Trustee during the period on 1 October 2021.

No other payments were made to trustees or any persons connected with them during this financial period. No other material transaction took place between the organisation and a trustee or any person connected with them.

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake

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INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of You Okay, Doc? on the accounts for the year ended 31st March 2022 set out on pages 6 to 13.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- state whether particular matters have come to my attention

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

K. Collaku MAAT
Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS



Date: 31st January 2023